

Your menopause visit planner

Bring your questions. Put your experience into words. Complete the sections that are useful to you and leave anything else blank.

What matters most to me?

My main concerns, and one change that would make daily life easier:

A short symptom timeline

For example: night sweats, sleep, mood, concentration, bleeding, energy, or vaginal comfort.

Symptom or change	When it began / how often	Effect on my day or night	What I have tried

Context I would like to share

Optional. Dates can be approximate; a separate page is fine.

Last period / cycle changes

Sleep pattern / night waking

Contraception / hormone use

Relevant diagnoses / surgeries

Report unusual bleeding to your clinician, including any bleeding after menopause.

Questions worth asking.

Circle the questions you want to discuss. A treatment decision depends on your symptoms, history, preferences, and the evidence for that use.

Hormone therapy and other options

- ☐ Which symptom is this treatment intended to help, and what improvement is realistic?
- ☐ How do my medical history, age, and time since menopause affect benefits and risks?
- ☐ Would local or systemic treatment fit the concern? Do I need uterine-lining protection?
- ☐ What nonhormonal options could I consider, and what are their tradeoffs?
- ☐ What side effects should I report, and how will we decide whether to continue?

If I am considering pellets or testosterone

- ☐ Which hormone, dose, and formulation are proposed? Is this FDA-approved for that use?
- ☐ What evidence supports it for my specific concern? Is the medicine compounded?
- ☐ How could treatment be adjusted or stopped if side effects occur?
- ☐ What monitoring, repeat procedures, and total costs would be involved?

Before I order a hormone test

- ☐ What clinical question will this test answer, and could the result change my care?
- ☐ How might cycle timing or medicines affect interpretation? What are the test's limits?
- ☐ Who interprets my result? Are an individual review and its fee included?

My questions or preferences

A hormone test alone does not establish a complete diagnosis. A product described as bioidentical is not automatically FDA-approved. These questions can help you discuss the distinctions.

Arrive prepared. Leave with a clear next step.

Use the list below for preparation, then write down the plan you agree on with your clinician.

A simple preparation checklist

- ☐ Bring your symptom notes and relevant test results you already have, with dates.
- ☐ List medicines, hormones, supplements, sleep aids, allergies, and recent changes.
- ☐ Note relevant medical or surgical history and previous treatment experiences.
- ☐ Ask about appointment fees and what testing or follow-up could cost.

My medicines and supplements

Name	Dose / how often	Recent change or concern

Allergies / reactions:

Before I leave, I want to understand...

My next step / review timing:

Who to contact / what to report:

Ready to talk with the practice?

View current availability for an introductory call.

Free 15-minute IGNITE call

Evidence and further reading

ACOG: Hormone testing in perimenopause

ACOG: Compounded hormones and pellets

The Menopause Society: Hormone therapy

NIH: Sleep problems and menopause

Educational preparation, not diagnosis or an individual treatment plan. Keep completed notes private and share through your clinician's appropriate care channel.